When working with data types that include a time (like `TIMESTAMP`), the time of course is meaningless unless it's also combined with information about the **timezone** to which it belongs.

Many SQL database systems, including MySQL & Postgresql, **store times in UTC** (i.e. using the UTC timezone) internally. Those database systems then **automatically "translate" the time** you provide or request from / to your local timezone.

So if you insert a time like `16:32:00` and you're located in CEST (Central European Summer Time), then a value of `14:32:00` would be stored internally, as this is the UTC equivalent.

If data is then fetched via `SELECT`, the time is returned in CEST again. Or, if it's requested from a client located in another timezone, it's returned translated to that timezone's time.